

Culinary Arts 2

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Location: American High School, Rooms 601 and 602

“Cooking demands attention, patience, and above all, a respect for the gifts of the earth. It is a form of worship, a way of giving thanks.” – Judith B. Jones

“I’ve been a cook all my life, but I am still learning to be a good chef. I’m always learning new techniques and improving beyond my own knowledge because there is always something new to learn and new horizons to discover.” – Jose Andres

“Get up every day and try a little harder than the day before.” – Emeril Lagasse

Overview of the Course

This competency-based course is geared to introduce students to the Hospitality and Foodservice Industry. Integrated throughout the course are career preparation standards, which include basic academic skills, communication, interpersonal skills, problem solving, workplace safety, technology and employment literacy.

Although the main goal of this course is to prepare you for the professional workplace, it is now more important than ever for you to learn how to shop for and prepare nutritious foods at home to sustain good health and wellbeing.

Mission Valley ROP School Learning Outcomes (SLOs)

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment:

Workplace Basic Skills and Behaviors

1. Apply skills learned in class
2. Analyze information and make decisions
3. Communicate verbally and in writing
4. Work independently and as a team member in a diverse workplace
5. Work reliably, responsibly, and ethically

Career Technical Skills

1. Demonstrate occupational competencies
2. Use appropriate technology

3. Understand and practice occupational safety standards
4. Demonstrate an awareness of how a business or industry functions

Job Employment Skills

1. Develop a plan to achieve career goals
2. Use effective job search strategies
3. Demonstrate an awareness of the importance of lifelong learning

Course Topics

We will cover

- Safety and Sanitation
- Measurements and Weights
- Nutrition
- Advanced Knife Skills
- Regional and Seasonal Cooking
- Advanced Baking and Pastry Techniques
- Food Science
- Flavor Profile Development
- Advanced Cooking Techniques (Braise, Saute, Roast)
- Quantity Food Preparation
- Global Cuisine
- Buffet Preparation
- Purchasing and Cost Control
- Sustainability Practices
- Culinary Math and Recipe Costing
- Introduction to Catering
- Employability (communication, interpersonal skills, resume writing, interview skills)
- Current Events and Trends in Food Service

“Good food is very often, even most often, simple food.” – Anthony Bourdain

Required texts

All textbooks, handouts, worksheets, cookbooks, magazines, and recipes will be provided.

Supplies Needed

- Composition Book
- Pens, pencil, highlighters

If you need assistance obtaining the required supplies, please see me.

Homework/Projects

Assignments will be posted in the Google Classroom each week. Students are responsible for due dates when announced. Should any problems arise (unable to complete work on time, need access to materials, etc.), please notify me as soon as possible.

Projects will be assigned throughout the course. They may include (but are not limited to):

- Famous Chefs - Past and Present
- Home Cooking
- Projects Farmers
- Market Project
- Student Portfolio - A student portfolio is required for all students of the Mission Valley ROP. Students will be trained on how to properly fill out an application, complete a resume, obtain letters of recommendation, and provide at least two visual examples of their work in the class.

Grading Policy

Grading is based on your completion of all assignments, employability, and quizzes and tests. Your final grade in the course will be based on the following:

Employability - 20%

Quizzes and Tests - 10%

Cookbook - 10%

Cooking Assignments and Narratives - 60%

Your letter grade is determined as follows:

| | |
|---|---------|
| A | 90-100% |
| B | 80-89% |
| C | 70-79% |
| D | 60-69% |
| F | 0-59% |

Students completing the class (with a grade of C or better) will receive a Certificate of Completion from the MVRP. If the student is failing (below a C), parents/guardians will be notified in advance of grade posting.

Additionally, students may earn college credit from Mission College upon completing this class with a "B" or better (additional conditions apply). This course maintains a UC - "g" rating.

Employability

This is an interactive class and the coursework deals with issues that significantly affect a student's success on the job. Much of the work will be completed during class time. Attendance is vital to your success. If you are absent, it is your responsibility to make up your missed assignments. Students with excused absences will be allotted the same number of days as the absence to complete their work. Make up assignments will be given for excused absences only, which include medical, legal or bereavement circumstances. Failure to complete make-up assignments will adversely affect your grade. Students are expected to attend class daily and to arrive on time.

Excessive tardiness and/or absence may prevent the student from receiving a course certificate.

Just as in business and industry, where employees are expected to show up on time every day, Mission Valley ROP students are expected to be on time for classes every day. Mission Valley ROP is committed to preparing students for the workforce. This preparation includes technical skills as well as work and business ethics. Most young people lose jobs for three reasons: tardiness, being on their phones, and not being on-task.

Mission Valley ROP does not condone cheating. Any student caught cheating on an exam or copying work (from another student or any other source) will be given one warning and a failing grade for that assignment. Any subsequent incident may result in termination from the ROP program, a failing grade, and/or loss of credit.

ChatGPT/AI

AI is an important tool in learning and in business currently. Your proficiency and use of this tool will catapult you to the front of the employment line. However- when you use this tool in my class, especially with the few typed projects turned in Google Classroom which will weigh heavily on your grade, I expect you to use personal integrity and cite your source. If you do not, this is cheating.

Dress Code

Proper attire is expected of Mission Valley ROP students. Pajamas, slippers, clothing that is too revealing or poses a safety concern (i.e. pants that must be held up with one hand because they are too baggy, large earrings) should not be worn. Appropriate undergarments must be worn at all times. Clothing must be clean, neat, in good repair, and must convey professionalism. Clothing/accessories that identify affiliation with street gangs may not be worn. Clothing which covers the head and eyes for fashion purposes will not be allowed (i.e.: hats, caps, hoodies, do-rags, skull caps, bandannas, sunglasses, etc.) Applying makeup must be done outside of class. At the discretion of instructor and/or administrator, students may be placed on contract for violating dress code and/or removed from class.

Smoking/Alcohol/Illegal Substances

The use of tobacco, alcohol and drugs by minors is against the law. Students found in violation will be disciplined and possibly dropped from the program. This policy extends to all Mission Valley ROP-related training and activities including internship and job shadowing opportunities, field trips and events.

COVID/Health Requirements

- All Mission Valley ROP classes will follow the CDC guidelines regarding COVID..
- Students should stay home from school and school activities if they have any symptoms of an illness such as a fever, a cough, a sore throat or headache.
- Students should not return to school after an illness until they have been symptom free without medication for 24 hours.

Our Recipe for Success

- Be on time and ready to work.
- Participate fully in all activities.
- Listen to instructions when they are given and ask for clarification when needed.
- Respect your teacher and your classmates.
- No cell phone use is allowed during class (unless directed to do so by the instructor).
- Always dress appropriately.

“The only real stumbling block is fear of failure. In cooking, you’ve got to have a what-the-hell attitude.”
– Julia Child

I have read the contract and rules for Chef Skrocke’s class, I agree to follow these rules and abide by this class contract.

Period: _____ Date _____

Student Name _____

Student Signature _____

Parent Name _____

Parent Signature _____

Parent's Email _____

Phone _____

Any food Allergies? _____